

27<sup>th</sup> March 2019

Dear Parent/Guardian

**Re: Years 7 & 8: Opportunity for your daughter to receive Bikeability Cycle Training - 23 or 24th April 2019**

We are pleased to inform you that The Holt School has been chosen as one of a number of schools in the borough to receive Advanced Cycle Training (Level 3).

The training is being funded by Wokingham Borough Council's Bikeability grant, so there will be no charge to parents/guardians.

Bikeability levels 1 & 2 are already offered in many primary schools to children in Year 6. If your child has already completed, and achieved Level 2, they can register for Bikeability level 3 training

Young people enjoy cycling and of course it brings many health benefits, develops confidence and offers them independence. Young people who have been trained are much safer and, in addition, tend to cycle more. This training is being promoted by the local authority and is being carried out by Cycle Experience, [www.CycleExperience.com](http://www.CycleExperience.com)

Level 3 will be completed over one day (either the 23rd or 24th April) during the school day and involves cycling on more challenging roads and traffic situations, including complex junctions and busy roundabouts.

To take part in the training, students will need to supply their own bicycle, which must be roadworthy (see attached checklist) and of the correct size and students must wear a cycle helmet. In addition, you will need to ensure that your child:

- **Has sufficient warm & wet weather clothing** including a shower or waterproof jacket as a minimum and preferably some over trousers and gloves. High visibility tabards are provided.
- **Brings a packed lunch, drink & snacks** as students will return to the school at lunchtime for their packed lunch but will be out of the school at all other times.

Students may also bring a mobile phone for Bikeability level 3 training to look at appropriate apps they may use to plan and record their travel.

**Numbers are limited so please indicate if you would like your daughter to take part in Bikeability training by clicking on the link below and completing the survey before 3rd April 2019. Students will be confirmed on a 'first come, first served basis'.**

[Year 7 & 8 Bikeability Cycle Training - Level 3 \(2019\)](#)

Yours sincerely



Mrs J Perry  
School Business Manager